

Are you a caregiver for a child with special health and behavioral needs?



Could you use some “tools” to help you take better care of yourself?

# Tools for Caregivers



*“Powerful Tools for Caregivers”* is a program designed to help family caregivers like you. Classes meet two hours once a week for six weeks. The class will give you tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger and depression
- Understand community resources
- Make tough decisions
- Set goals and problem-solve

*Participants will receive a FREE “How-To” book that contains chapters covering topics such as: hiring in-home help, understanding community resources, making legal and financial decisions, understanding depression, etc.*

Locally, the Area Agency on Aging District 7 is happy to sponsor a Powerful Tools for Caregivers class at a location near you.

For more information about joining an upcoming class or scheduling a class, call:

**1-800-582-7277, extension 215**

or e-mail [vwoyan@aaa7.org](mailto:vwoyan@aaa7.org) or [info@aaa7.org](mailto:info@aaa7.org)